








Service	More information	Link to service
	<p>It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.</p> <p>Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.</p>	<p><a href="#">Chat Health Link</a></p>
	<p>An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop</p>	<p><a href="#">kooth</a></p>
	<p>If you are aged 11-19 years old you can talk to a <b>Devon school nurse in confidence</b> about relationships, how you are feeling, bullying, self-harm, smoking or any other concerns.</p> <p>We are available <b>9am to 5pm Monday to Friday</b> and can offer support on a wide range of concerns.</p>	<p><a href="#">text-support-for-young-people</a> (Webpage)</p> <p><b>11 – 19 Text</b> <a href="#">07520 631722</a></p> <p><b>Parent Text</b> <a href="#">07520 631721</a></p>
	<p>The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app.</p>	<p><a href="#">Calm Harm webpage</a></p> <p>Download from:</p>  
	<p>The UK's leading charity fighting for children and young people's mental health.</p>	<p><a href="#">Young Minds</a></p> <p><a href="#">Parent support Young minds</a></p>